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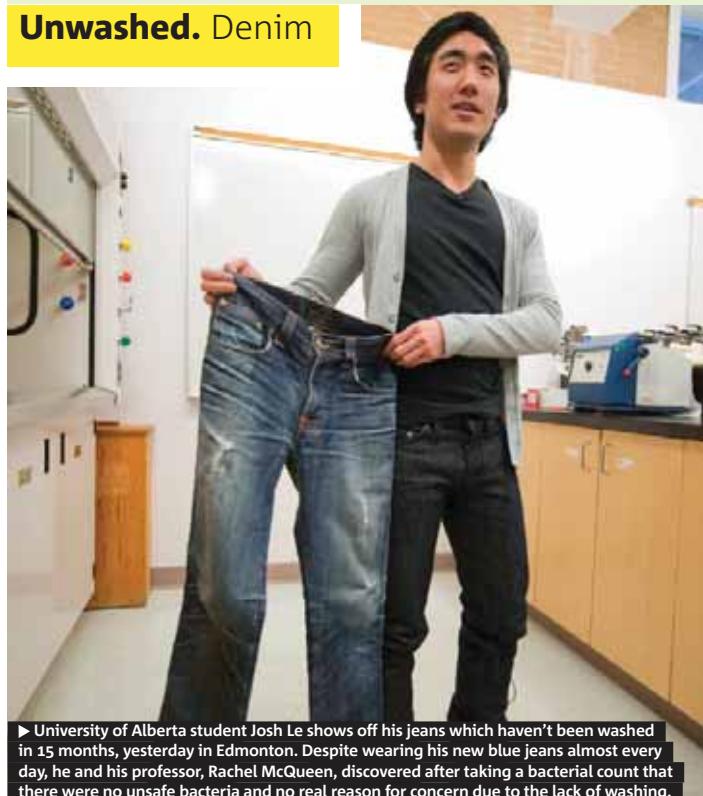


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**Unwashed. Denim**



► University of Alberta student Josh Le shows off his jeans which haven't been washed in 15 months, yesterday in Edmonton. Despite wearing his new blue jeans almost every day, he and his professor, Rachel McQueen, discovered after taking a bacterial count that there were no unsafe bacteria and no real reason for concern due to the lack of washing.

# Terror suspect arrested

► RCMP in Edmonton arrest Canadian suspected of supporting Iraqi terror group ► Police say suspect never left Canada and posed no danger to city's public

A man who the U.S. Justice Department alleges had aspirations to become a suicide bomber was arrested in Edmonton by RCMP yesterday and charged with conspiring to kill American soldiers in Iraq.

Sayfieldin Tahir Sharif, 38, was held in custody pending a request by the United States to extradite him to stand trial. He was scheduled to appear in court today to answer to the charges.

He was also charged with providing material support to a multinational terrorist network that took part in a suicide bombing on April 10, 2009, that killed five U.S. soldiers near a base in Mosul, Iraq.

A news release issued by the U.S. Justice Department said the soldiers — one of them a 32-year-old sergeant and the rest between the ages of 20 and 25 — died when a Tunisian jihadist drove a truck laden with explosives to the gate of the U.S. military base in the region.

A day later, Sharif had a conversation with one of the Iraq-based members of the terrorist network, said the Justice Department. **THE CANADIAN PRESS**

## Alleged terrorist links

- Sayfieldin Tahir Sharif is alleged to have links to another bombing at an Iraqi police station on March 31, 2009, in which at least seven Iraqis were killed.
- Officials allege Sharif has continued to support attacks in Iraq since then, including an attempt by the terrorist network to send a second group of Tunisian jihadists into the country.
- In online conversations, Sharif advised one of those jihadists not to leave a will and to "try to delete everything ... off your computer," said the release.
- "Don't leave one character of information or anything behind," the release said Sharif told the man. "Don't leave any trace ... do not forget to keep reading Qur'an and repeat the famous prayers on the way until you meet with God."
- In November 2009, according to the Justice Department, Sharif told his mother that his greatest wish was to die a martyr and be greeted by 70 virgins in paradise.

**Dirty jeans not a risky business**

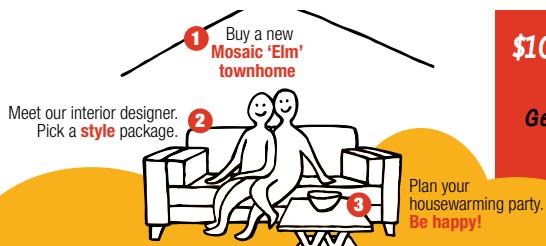
## Lacklustre love for Lucy

Is Lucy the Elephant getting the best care? {page 4}

## Nation of unfit boys and girls

Canadian kids are alarmingly inactive. Adults too {page 7}

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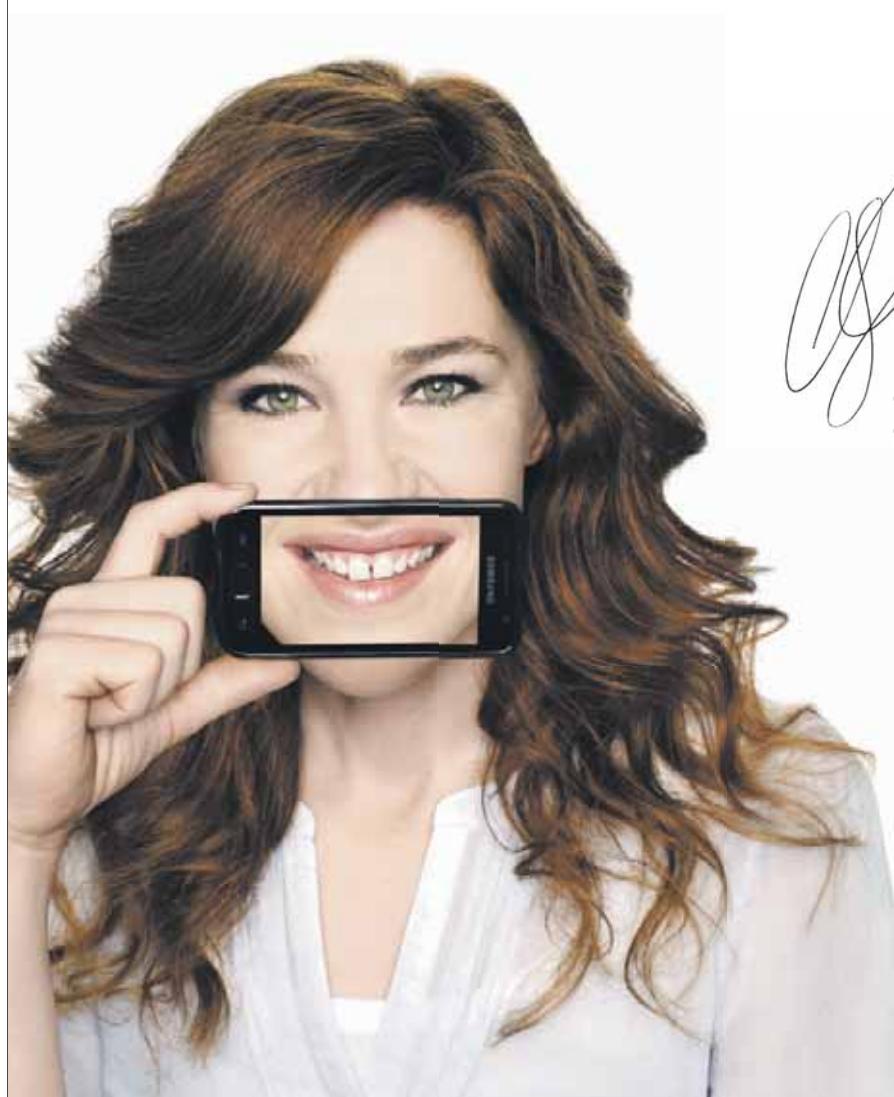
# On February 9th, mental health is on everyone's lips.

One in five Canadians suffers from mental illness, impacting countless lives and taking a heavy toll on the nation's economy. But mental illness carries a stigma, and many who suffer won't get the help they need because they're too afraid to talk about it.

That's why I'm proud to support Bell Let's Talk Day on February 9th. For every text message sent and every long distance call made by Bell customers that day,\* Bell will donate 5¢ to mental health programs.

Join me in the national conversation. Together, we can change attitudes and make a real difference. To learn more, please visit [bell.ca/letstalk](http://bell.ca/letstalk).

\*Regular long distance and text message charges apply.



Clara Hughes  
Olympic champion

 Bell  
Let's Talk

# Body discovered in church lot

Police are investigating after a school bus driver discovered a body yesterday morning in the parking lot of a Sherwood Park church.

The body is believed to be that of a Strathcona County woman who went missing Tuesday night.

Strathcona County RCMP were responding to an alarm call around 9 p.m. Tuesday night when they were approached by a male who reported that

his 51-year-old wife had been missing for nearly 3½ hours.

RCMP conducted numerous patrols throughout the evening looking for her and her vehicle.

Yesterday morning the woman's vehicle was found in the parking lot of the Alliance Church, which is also home to the Strathcona Christian Academy Secondary School.

The body was discovered in a snowbank ap-

proximately 50 yards from the vehicle at about 8:40 a.m. No children were on the bus when the driver made the discovery.

The identity of the deceased has not yet been confirmed and the death is being treated as suspicious.

"We would be remiss if we didn't treat it as if it were a suspicious case," said Strathcona County RCMP Cpl. Darren Anderson. **ALISON BAIRD**



► Strathcona RCMP are investigating after a woman's body was found in a church parking lot.

# 24-hour plowing for residential areas

- Crews still working after 30 cm fell nearly two weeks ago
- Noise bylaw being waved for round-the-clock work

 **HEATHER MCINTYRE**  
@METRONEWS.CA

Residential streets will get 24-hour treatment immediately as council discussed yesterday ways to deal with the heaviest snowfall the city has received since 1989.

"Edmontonians do deserve better," said Coun. Kerry Diotte. "It's a core service. We're a winter city. We've got to get this right."

It could take crews two more trips through residential areas before they are at the five-centimetre snowpack target, said Bob Dunford, roadway maintenance director, adding it can't all be done at once as windrows would block

## Background

- The 2011 budget for snow removal is \$42.8 million, which is less than last year as the city did away with a \$6-million retainer to have private graders on standby for city work.
- The city's current policy states main roads should be clear within 48 hours.
- The city has received 5,000 calls about snow removal since the wicked weather hit, said Coun. Kerry Diotte.

sidewalks and driveways. Permanent changes may be made to the city's snow policy, as council is considering a ban on parking in residential areas



► Narrow streets are a problem in residential areas and on snow routes, as vehicles continue to park on both sides of the road, causing problems for two-way traffic.

overnight, which may leave some puzzled as to where to put their vehicles.

"There are some trade-offs that we're going to

have to deal with," said Coun. Ben Henderson, adding cities such as Winnipeg and Ottawa have an easier time with most of their streets based on a

grid system.

Edmonton has many cul-de-sacs, said Henderson, which are more difficult and expensive to service.

# Trio sought in bank thefts

RCMP are on the lookout for three Alberta men after a string of violent bank robberies, the latest of which happened at an ATB location in Gibbons on Tuesday.

Franklin William Gladue, 34, is aboriginal, six feet tall and 240 pounds with black hair and brown eyes. He has tattoos, including a clown on his left arm, the words "Eternal" on his right abdomen, and "Solid Broth-

## Details

- A sawed-off shotgun has been used in all of the robberies, along with other weapons.
- During the robbery in Gibbons, a female teller was

er" and "F.G." on his left abdomen.

Police are also looking for two youth, both native and around six feet tall.

**● METRO**

physically assaulted even though she was co-operating with the suspects' demands.

► RCMP warn the violence has increased with each incident, and could continue to do so.

**7 There are seven robberies believed to involve the trio, dating back to Nov. 30.**

options will be discussed next Tuesday. **● METRO**

## News in brief

### Council OK's LRT lines

**TRANSIT.** Two proposed LRT lines were approved by city council yesterday.

The southeast line will travel from downtown to Mill Woods, while the west line will follow 104 Avenue and Stony Plain Road to Lewis Estates as the idea to use Meadowlark Road was turned down. Funding

for the lines will be discussed next Tuesday. **● METRO**

**Charges over school threats**

**CRIME.** Charges have been laid against a man who allegedly sent a threatening email about targeting an unidentified Edmonton school on Monday.

The email was sent to a local TV station twice on Saturday.

Nilo Naranjilla, 43, has been charged with two counts of uttering threats. **● METRO**



News on the move

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**Are you getting enough exercise? StatsCan says only 15 per cent of us are above coach-potato status. Video at metronews.ca**

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**Bomb found at Martin Luther King Jr. event in Washington state. Scan code for story.**



► Mauro Chies, AHS vice-president of diagnostic imaging.

# MRI wait lists reduced

- Edmonton and Calgary adding thousands of MRIs until end of March
- Temporary fix aimed at taking a bite out of long waiting lists

More than 9,000 added magnetic resonance imaging scans (MRIs) will be done until March 31 to help reduce wait-lists, Alberta Health Services (AHS) said yesterday.

"We're pulling people off lists, mostly in Calgary and Edmonton," says Mauro Chies, AHS vice-president of diagnostic imaging, but "patients with the highest needs will

continue to get priority access to MRIs. That doesn't change."

"We're looking at long-term strategies," adds Dr. Bill Anderson, medical director of diagnostic imag-

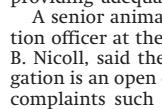
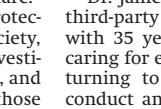
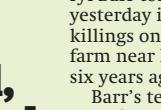
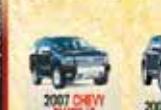
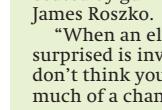
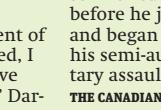
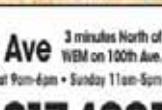
ing in the Edmonton zone of AHS, "because demand now exceeds what we're able to do. An MRI is almost too useful — everyone thinks they need it," he says. ■ LUCY HAINES



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## Lukewarm approval for Lucy's care at zoo

### Bad ranking

In Defense of Animals ranked Edmonton Valley Zoo as one of 10 worst zoos for elephants in 2010.

care," said Dr. Milton Ness, Edmonton Valley Zoo veterinarian.

That doesn't fly with Julie Woodear, campaign director of Zoocheck Canada.

"The Humane Society failed to look at critical details about Lucy's care—they are in a conflict of interest and have no business investigating," she said.

Dr. James Oosterhuis, a third-party veterinarian with 35 years experience caring for elephants, is returning to Edmonton to conduct another exam of Lucy.

The zoo will use his results and the EHS recommendations when making further decisions about Lucy's care.

■ LUCY HAINES

### MAYERTHORPE INQUIRY

## Attack was cold, calculated

A crime scene investigator says the deadly ambush of four Mounties in 2005 was cold, calculated and ruthlessly executed by gunman James Roszko.

"When an element of surprise is involved, I don't think you have much of a chance," Dar-

ryl Barr told an inquiry yesterday into the killings on Roszko's farm near Mayerthorpe six years ago.

Barr's testimony suggested Roszko hid behind a large drum near the door of the hut when the officers entered.

He believes Roszko allowed them to walk deep into the cavernous semi-circular steel shed before he jumped up and began firing from his semi-automatic military assault rifle.

THE CANADIAN PRESS

## Sentence reduced

A man who injured a toddler in a drive-by shooting on the Samson Cree Reserve in 2008 had his sentence reduced from nine years to seven. Christopher Crane fired a shot into a home at a rival gang member, but hit 23-month-old Asia Saddleback instead. ■ METRO

## Man killed in accident

One man is dead after the industrial crane he was driving slid off Highway 63.

Wood Buffalo RCMP said the crane was going northbound through Fort McMurray when the driver lost control.

The man has not been identified. ■ METRO

# Achieving your investment goals doesn't have to be a full-time job.



By **Steve Geist**  
President  
CIBC Asset Management

Successful investing is easier than you might think. While the seemingly endless number of investment products can be overwhelming, with just a modest amount you can invest in a professionally managed portfolio tailored to your personal financial situation.

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from around the world and ensure your investments are monitored and rebalanced according to your goals. And while managed portfolios are a simple, all-in-one investment solution, they are not 'one size fits all.' Individual investment needs range from very conservative to very aggressive. Whether you're looking for growth or you're looking for income, there's a managed portfolio that matches your objectives as an investor.

A key benefit of managed portfolios is the focus on asset allocation, or the process of allocating your investment dollars among the various asset classes to help you diversify your investments and achieve your goals, whether it's the

need for income or long-term portfolio growth or a balance of both. This diversification can be among bonds and stocks, and also in Canadian investments and investments from other parts of the world. Proper diversification tends to reduce the volatility – the ups and downs of investment returns in your total portfolio – yet still enables you to benefit from the gains of each asset class when they perform well.

Financial success comes from being diligent in setting aside money and investing that money well. One of the easiest ways to do so is to set up a regular investment plan rather than making one large annual lump sum investment. As contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer towards your goals with each contribution. When setting up an investment plan and choosing the portfolio that best suits your financial needs, talk to an advisor to help decide upon what approach is best for you.

Most importantly, keep in mind that managed portfolios are effective, low-maintenance solutions that enable you to invest in future financial goals without missing out on the present. CIBC prides itself on being a leader in managed portfolios.

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# Harper on the death penalty: Yes — and no

## ► Won't spark abortion debate, PM insists in interview

In a candid television interview, Prime Minister Stephen Harper has revealed his inner feelings about the death penalty and abortion.

He says he personally favours the death penalty in some instances.

But he has no plans to resurrect debate over capital punishment — at least not in the next parliament.

Harper was even more categorical about abortion, indicating he has no interest in ever reopening debate on that hot potato.

He said the key to reducing the number of aborted pregnancies is changing attitudes, not laws.

Harper's views on the

### Layton's worried

- Federal NDP Leader Jack Layton said Harper's responses on the death penalty and abortion were so carefully worded they raised alarm bells.
- Layton said Harper is leaving the door open for a private member's bill that would reinstate the death penalty.

hot-button issues were probed by Peter Mansbridge, anchor of CBC's *The National*, who wanted to know what he would do should he manage to win a majority.

On reinstating capital

punishment, Harper said simply: "I don't see the country as wanting to do that."

When Mansbridge pointed out he seemed to be closing the door less firmly on that issue, Harper added, somewhat dismally:

"Well, I personally think there are times when capital punishment is appropriate."

"But I've also committed that I'm not, you know, in the next parliament, I'm not, no plans to bring that issue forward."

On abortion, Harper said: "I'm not interested in having a debate over abortion law."

THE CANADIAN PRESS

Montreal. A demo with a difference



► Mothers turn out to support their right to breastfeed in public.

RYAN REMIORZ/THE CANADIAN PRESS

## Oh baby, mommy's protesting

About 60 mothers staged a group breastfeeding session in a Montreal mall yesterday in support of nursing in public. They spent about one hour nursing their infants in front of a store where a Montreal mother was recently asked to stop breastfeeding her five-month-old girl. The store later apologized.

## The final chapter?

**60** An anonymous man began the tribute at Poe's grave more than 60 years ago. He was always dressed in black, with a white scarf and a wide-brimmed hat.

The unknown man who for decades left three roses and a half-bottle of cognac at writer Edgar Allan Poe's Baltimore, Md., grave on

his birthday failed to appear yesterday, fueling speculation he may have died.

THE ASSOCIATED PRESS

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# Oh Canada, get some exercise: Fitness experts

► Study suggests country is becoming a nation of couch potatoes ► Vast majority of people are physically inactive

The vast majority of Canadian adults and their kids are falling well short of even minimum recommended levels of exercise — a “physical inactivity crisis” that experts say is threatening the health of multiple generations.

Health promotion organizations sounded the alarm yesterday after a Statistics Canada report found only 15 per cent of adults were meeting basic physical activity targets of 150 minutes of moderate to vigorous exercise per week.

The picture was even more dismal for children of ages five to 17 — just seven per cent were getting the recommended hour of ex-

## Falling short

The numbers were gathered using accelerometers to measure physical activity and sedentary behaviour.

► 17 per cent of adult men and nine per cent of young boys were meeting the minimum guidelines. ► Women had just 14 per cent of adults and four per cent of children reaching their targets.

ercise per day.

“Canadians are at an alarming, alarming low level of physical activity,” said

Kelly Murumets, president of national fitness advocacy group ParticipAction Canada.

“If we weren’t sure we had a crisis before, certainly Canadians must know we have a crisis now.”

The organization’s new Think Again campaign, to roll out next week, will emphasize the responsibility parents have to protect the health of their kids.

“If you are more active, the stats tell us that your children will be more active. So as adults, you must begin physical activity today, if not for your health, then for your children,” Murumets said.

THE CANADIAN PRESS

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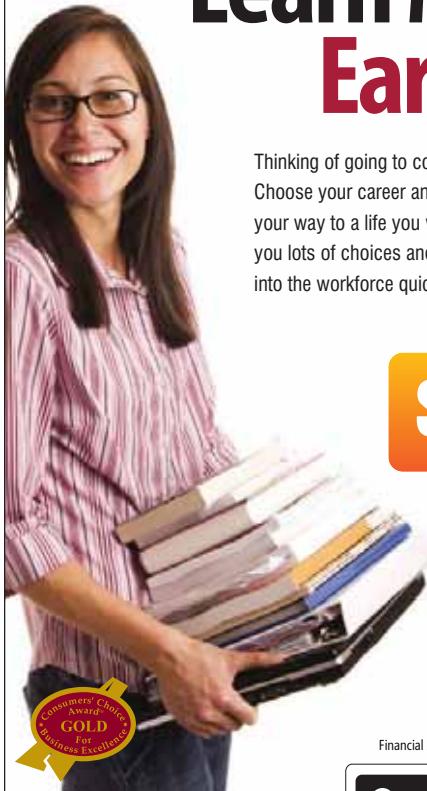
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THURSDAY, JANUARY 20, 2011

# Report had 'leaps of logic,' says new study

► Saskatchewan Research Centre disputes claims of greenhouse-gas leak made by Weyburn landowners

A report that suggests carbon dioxide is leaking from a vast underground storage reservoir is rife with mistakes and misinterpretation, concludes a review of that research.

And those claims, which were widely reported, have unfairly tarnished one of the main ways that government and industry hope to reduce greenhouse gas emissions, says the project's manager.

"We are talking about a gross over-interpretation of the data," Steve Whitaker of the Saskatchewan Petroleum Technology Research Centre said yesterday.

The centre is overseeing the world's largest carbon capture and storage project near Weyburn.

"They've speculated and

### World leader

Since 2000, Cenovus has been injecting 6,000 tonnes of carbon dioxide into the region's aging oil-field every day.

► These methods are an effort to squeeze out more oil and keep the greenhouse gas from entering the atmosphere.

made leaps of logic that are very hard to support."

But the lawyer for the landowners who paid for the original report said there are still unanswered questions about what is happening on property belonging to Cameron and

Jane Kerr.

Last summer, the Kerrs hired Paul Lafleur of Petro-Find Geochem to look into unexplained happenings on their land, such as algae blooms and the deaths of small animals.

Lafleur's report, released last week, said carbon dioxide concentrations were found in the soil several times those typically found in field soils.

Steve Whitaker responded by saying the soil carbon dioxide levels were well within the normal range for the area.

He also argued that Lafleur's methods for locating subsurface fault lines were unsubstantiated and that algae blooms are normal in prairie sloughs.

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# Illegal migrants sully Canada's welcome mat: Minister

► Almost 500 Tamil migrants arrived in British Columbia waters on the Sun Sea freighter last August

Canada's public safety minister says illegal migrants have hardened Canadians' attitudes towards refugees entering the country.

Vic Toews said he's concerned that illegal migrants are undermining the usual welcome Canadians give to legitimate refugees.

"Certainly the polling after the arrival of the Sun Sea indicated a serious drop in the support to our immigration and refugee system," Toews told reporters yesterday.

He became terse when challenged that his own statements may be fuelling intolerance with his claims that many of the migrants aboard the latest ship to come to Canada



► Public Safety Minister Vic Toews.

these human smuggling operations and we are very concerned about that," Toews said in reply.

"If you can provide me with a list of those who are LTTE and those who are not, I'll certainly consider that," he told a reporter.

Last year, Immigration Minister Jason Kenney called the Tamil refugee claimants queue jumpers who were taking up space and resources in the system that should be focused on those who were lawfully waiting their turn to come to Canada.

Toews said Canadian attitudes will change only if opposition parties support the government's legislation to prevent human smuggling.

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were connected to the terrorist group Tamil Tigers, or LTTE.

"There is significant influence of the LTTE in

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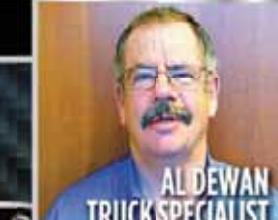
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# New mortgage loan measures too harsh?

► Report critical of Ottawa's housing loan clampdown comes 2 days after finance minister altered lending rules

The risk of mortgage rates rising to unaffordable levels in the near future is "negligible" and recent measures taken by Ottawa to clamp down on housing loans may be too harsh, says Canada's mortgage industry association.

Due to the effect of tightened lending rules "housing demand at present and for the near future is probably lower than it needs to be," according to the Canadian Association of Accredited Mortgage Professionals, which represents brokers and others in the industry.

In fact, the group suggested in a report yesterday that the rules may need to be relaxed.



► Will Dunning

CAAMP said that a vast majority of borrowers studied had left them-

selves room to absorb a hike of as much as one percentage point on fixed-rate mortgages and even more on variable-rate mortgages.

"Canadians — lenders and borrowers — have been highly prudent in the mortgage market," Will Dunning, the association's chief economist, wrote in the report.

"There have been some calls for mortgage lending criteria to be tightened further.

This analysis concludes that Canadian lending criteria are already tight enough. In fact, some might argue that with the changes implemented in April 2010, Canadian criteria are currently too tight."

THE CANADIAN PRESS

## Pensions not a priority for the young: RBC

The Royal Bank says the number of young Canadians who have a registered retirement saving plan has dropped to 39 per cent — the lowest level in almost a decade.

The bank's annual survey found that the majority of people aged 18 to 34 had not yet started saving for retirement, instead focusing on other goals like reducing debt, saving for a rainy day, or home ownership.

The 39 per cent figure is

small in comparison to the decade-high 62 per cent of respondents in 2006 who said they had an RRSP.

The bank said 56 per cent of those interviewed were more worried about making regular payments to reduce or eliminate debt, while 45 per cent were simply adding to savings.

Although 44 per cent of young Canadians ranked home ownership as a top goal, only six per cent were taking full advantage



► Lee Anne Davies of Royal Bank of Canada.

of tax-free RRSP withdrawals to help buy their

first home, the survey found.

"We're seeing other financial priorities become increasingly top of mind for younger Canadians who may not realize they are missing out on one of Canada's best income tax savings vehicles, as well as the potential to grow their investments more quickly," Lee Anne Davies, head of the bank's retirement strategy, said in a statement.

THE CANADIAN PRESS

## Protection urged for cell users

Wireless company Wind Mobile wants the federal and provincial governments to provide better consumer protection for cellphone users, including reducing early contract termination fees. Wind Mobile said it has filed a submission to the Manitoba government's public consultation paper on improving consumer protection for cellphone and wireless contracts in that province.

THE CANADIAN PRESS

## Market moment

TSX	Dollar
- 120.16 (13,439.04)	- 0.27¢ (100.45¢ US)
<b>Oil</b>	<b>Natural gas</b>
- 52¢ US (\$90.86 US)	\$4.561 (+ 13.6¢)
<b>Gold contracts</b>	<b>\$1,370.20</b> (+ \$2.00)

MARKET REPORTS



# FOREVER INDEBTED TO MOB MENTALITY

**He says ...**

**JOHN MAZEROLLE**



I once felt helpless about my enormous debt payments, but I've analyzed the situation and realize now what the root of the problem is: You. *J'accuse*, gentle reader.

Wipe that innocent look off your face. Just four years ago I was only \$4,000 in debt. I was panicked about it at the time, but now that sounds like a nice game show prize — something Pat Sajak might reveal after the final puzzle. "You've won \$4,000 in debt!" he'd say, and I'd hug Vanna.

Now I'm \$50,000 in debt. And it's all your fault.

Because let's face it: You made

it OK. The average Canadian owes more than they earn in a year, which is three-syllable craaa-zy, but everybody acts like it's business as usual. If I'm chatting with you and mention that I'm \$50,000 in debt your typical response is to make a high-pitched "umph" noise — the kind of noise that says, "Not good, but not bad."

Canadians' finances are crashing like the Hindenburg, but instead of "Oh, the humanity!" the reporter says, "Could be worse! Back to you, Tom."

Thanks for nothing, reader. Thanks for \$50,000 less than

nothing.

We live in a society where it's seen as some sort of victory to get back to breaking even, as if keeping your nostrils barely above the waterline proves you're a seasoned swimmer. Heck, a friend of mine once bought a \$1,500 suit to celebrate getting out of debt, which is sort of like lighting a cigar to celebrate a

successful lung transplant.

Nobody actually owns anything; it's all credit. We should change the verb to, "I owe a house, and I owe a car."

We've been conditioned by each other to believe that debt is

fine. See how I'm blameless? With the Can-Con company I keep, can I really be held accountable for my lack of financial savvy? I'm a victim of mob mentality.

No doubt you feel bad about your role in all this. You made me, which must have a Dr. Frankenstein feel about it.

So if you'd like to alleviate the guilt, I will be accepting pledges and donations. I'll even take your gold, no questions asked. You're welcome.

I'm a man of honour, so if you lend me some money to just get me through this rough patch, I solemnly swear: I'll be forever in your debt.

.....  
Read more of  
John Mazerolle's columns  
at metroneWS.ca/hesays

## Cartoon

MICHAEL DE ADDER

**SHOTS YOU MAY GET BEFORE VISITING MEXICO:**



**SHOTS YOU MAY GET WHILE VISITING MEXICO:**



## Parents play a big role

### Letters & Tweets

We asked: Who was your role model growing up?

**@natomaton:** Bugs Bunny. He was SUAVE.

**@alaska1278:** MY MOM DUKES WHO ELSE!! Mamma boy.

**@JewelyGEE:** my role model was my imagination. might sound odd but it really had no limits and it was totally free!

**TORONTO.** My role model when I was growing up was and always will be my parents.

They worked in our convenience store 14 to 16 hours a day for 363

### Someone to look up to



days a year (Christmas Day and New Year's Day were half-days) for more than three decades!

It's because of their strong work ethic that I never complain about long work days/weeks/months. Thank you mom and dad for all your hard work and sacrifices made.

STEVE YUL CHUN

**@levianacoccia:** my role model growing up was probably one of the Spice Girls. Thank goodness I didn't turn out like a '90s Scary Spice!

**CALGARY.** My mom, of course!

She's the strongest and most beautiful woman I know.

KELLIANN BROWN

**Which two teams will play in the Super Bowl? Why?**

**Email**

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Metro has the right to edit letters and submissions.

## Metro Minute with Alberta Innovates

If you have ever wondered how a prescription gets from the lab to your medicine cabinet, tonight is the night to find out.

Alberta Innovates — Health Solutions is presenting the movie Extraordinary Measures to showcase a family and a medical researcher working toward a cure for Pompe disease.

Jason Dyck, professor in

pediatrics and pharmacology at the University of Alberta and a senior scholar with Alberta Innovates, will introduce the film and then discuss the latest research in taking a drug to market from the lab.

The evening is free and will take place at the Metro Cinema (Zeidler Hall of the Citadel Theatre) at 6:30 p.m.

HEATHER MCINTYRE



► Alberta Innovates — Health Solutions is presenting the movie Extraordinary Measures tonight at Metro Cinema.

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## Scene in brief



Roger Ebert is returning to the small screen. The famous film critic stopped appearing on television movie review shows in 2006 when cancer surgery left him unable to speak. But now he has his own segment on a new program, Ebert Presents at the Movies. The weekly show debuts Friday on PBS stations across America.

THE ASSOCIATED PRESS



Phoney Hollywood producer who scammed investors gets 4 years for violating probation

# A carnival that's sustainable

- Edmonton gets a carnival that aims to blend fun and sustainability
- Tied with the Freezing Man event, this the first carnival of its kind ever



## BACKSTAGE PASS

JENNIFER LARAWAY  
METRO EDMONTON

Now you don't have to wait until summer to hit up a carnival and go on some rides.

Visionary Joey Hundert is making his dream of environmentally friendly carnival entertainment a reality at this year's Freezing Man event. Sustainival is the hybrid of sustainabil-

ity and carnival. Blending these concepts together, Hundert worked tirelessly to engage people in the idea of effortless and socially responsible entertainment. Originally slated to launch in the fall of 2011, Sustainival got the fast track when it caught the attention of Freezing Man organizers.

"I was a bit nervous pulling this altogether eight months earlier than we originally planned," says Hundert, "but it gave us the opportunity to bridge to Freezing Man's success and preview Sustainival at the same time."

### Sustainival

- Here's a little 4-1-1 for you:
- Sustainival is the first carnival of its kind in the world.
- Tickets for the day-long festival are \$82.60 all in.
- Rides are operated using biodiesel such as left over cooking oil.

Hundert says he has plans to expand Sustainival, which will include a multi-city tour.

Now in its third year, Freezing Man takes place only on Jan. 29 at the Expo Centre. Aptly named, this

festival of electronic, dance and alternative music, along with extreme sport and carnival entertainment is held outside. But, there are enough activities to keep anyone warm all day long. To get these hot tickets, book through [freezingmanfestival.com](http://freezingmanfestival.com).

Each week Metro takes you backstage with some of the biggest event personalities and talent this city has to offer. Join the conversation on Twitter with [@mediamindjen](http://mediamindjen) or to submit an upcoming event email: [entertainment-edmonton@metro.ca](mailto:entertainment-edmonton@metro.ca).

## Play some hockey to help fight cancer

From a one-day winter carnival to the world's longest hockey tournament, Edmonton has it all this winter. For 10 days, players and refs will take to the rink in support of the Cross Cancer Institute. This year's goal is to raise a record-breaking \$1 million. Proceeds go to the purchase of a new Linear Accelerator (Linac) used for radiation treatment.

Dr. Brent Saik along with an army of volunteers are continuing the cancer battle that Saik's father Terry lost in 1994. All of the tournament players have been touched by cancer. This year's event takes place between Feb. 11-21 out at Saik Acres. To head out and show your support or to make a donation, visit [worldslongestgame.com](http://worldslongestgame.com). The website shows these guys still have another \$900,000 to go to their million dollar goal, but if the track record of Edmontonians is any indication, something tells me these guys are well on their way.

• JENNIFER LARAWAY



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# Unfinished business

## ► Cowboys, goths, Globetrotters among teams returning to Amazing Race

Cord and Jet McCoy are saddling up for another season of The Amazing Race.

The bull-riding brothers are among the 11 veteran teams competing on the 18th edition of CBS' around-the-world competition (premiering Feb. 20 at 8 p.m. EST), the network announced yesterday. Other returning duos include goth couple Kent Kaliber and Vyxsin Fiala, and Harlem Globetrotters teammates Nathaniel 'Big Easy' Lofton and Herbert 'Flight Time' Lang.

"We're not intimidated by anyone," McCoy said before setting off in November. "That's the thing about this race, even in the season that we were on, we sized up the competition, but it wasn't the same people that were in the finals or that went out first. When it comes to this race, even though we've seen people on previous seasons, it's too hard



► The 18th edition of the Amazing Race returns Feb. 20.

to tell."

The McCoy brothers from Tupelo, Okla., came in second place on the 16th season show, narrowly losing to Daniel and Jordan Pious after the distinctly different siblings skipped the McCoys in line at an airport and slipped to

the front of the plane. Cord warned that he isn't going to let other teams sneak by him on the Unfinished Business edition.

Other racers are sisters Kisha and Jen Hoffman, former cheerleaders Jaime Edmondson and Cara Rosenthal, engaged couple

Amanda Blackledge and Kris Klicka, friends Justin Kanew and Zev Glassenberg, mother-and-son Margie and Luke Adams, father-and-son Mel and Mike White, and Gary and Mallory Erwin and Ron and Christina Hsu.

THE ASSOCIATED PRESS

### INTERVIEW

## Babel off to work in LA LA land

Last night, Entertainment Tonight Canada announced Matte Babel is joining its team as the show's Los Angeles correspondent — where he'll be all over the red carpets and movie premieres. Metro recently spoke to the former MuchMusic VJ about his news job and living in L.A.

**Tell us what your perfect L.A. moment would be?**

My perfect L.A. moment would be sitting court side with Ellen DeGeneres as Kobe hits the game winning shot in Game 7 of the NBA championship versus the Miami Heat... or does it have to be realistic?!

**L.A. is the land of celebrities. Is there a person you most**

### want to meet and why?

Dead or alive? It would have to be Jim Morrison. Love the Doors.

**ET has been around for three decades; for five seasons in Canada. Which correspondent has been your favourite and why?**

That's like choosing a favourite sibling... everyone at ET Canada is unique — it's like The Adams Family — it just works!

**What will you miss most about living in Canada?**

The snow? Truthfully, my friends. My experiences in L.A. thus far have been amazing, but telling someone rather than experiencing it with them is never the same.

**What are you looking forward to doing in L.A.?** Going surfing and skiing in the same day.

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# Jolie dishing out parenting advice

► Angelina insists family is grounded ► Says to appreciate every minute

With six kids to keep an eye on, Angelina Jolie is definitely in a position to dole out parenting advice.

Her biggest tip for parents? Enjoy the early years.

"It goes so fast and it is the best time in your life," she says in an interview with Australia's 2Day FM radio.

"And strap them to you and hang out with them and sleep in the same bed with them and just love every second of it."

Jolie insists that her large family has kept her grounded.

"We make a point to stay together as a family when we're filming, in this town you've got to," she says. "I think some people are affected by fame. I'm lucky that I have a lot of kids who keep me very, very grounded."

● METRO



## Kerr posts breastfeeding pic

Miranda Kerr took to her website to introduce her and Orlando Bloom's two-week-old son, Flynn, posting a picture of her breastfeeding the infant.

"On the sixth of January, I gave birth to our beautiful little son Flynn," Kerr writes.

"He weighed nine pounds, 12 ounces (a very healthy and big baby boy). I gave birth to him naturally; without any pain medication and it was a long, arduous and difficult labour, but Orlando was with me the whole time supporting and guiding me through it. I could not have done it without him." ● METRO



## Michael Lohan says Lindsay keeping clean

So far so good for Lindsay Lohan, who has reportedly been passing all of her post-rehab drug tests, her dad, Michael Lohan, tells Hollyscoop.

"Lindsay is doing four or five tests a week and she has passed all of them," Michael Lohan says.

Random drug-testing is

"Lindsay is doing four or five tests a week and she has passed all of them." MICHAEL LOHAN

part of Lindsay's probation, and each failed test would mean 30 more days behind bars. ● METRO



### Talking points

#### J-Lo wants to have more kids

PEOPLE Though having twins at home can be a handful, Jennifer Lopez says she'd be "extremely happy" to become pregnant again.

"I'd like to. As soon as I had the babies, I thought to myself, I want to do this a thousand times. I love this. This is life," she tells Ellen DeGeneres.

"I just thought it felt so great. This is what life is all about. And now that it's, like, three years in, I'm like, 'Can I do that again?'" ● METRO

#### Keep God and sex apart: Perry

PEOPLE While she may flaunt her sex appeal, Katy Perry still draws the line at getting religion in the mix.

"For me, spirituality is something very important and I don't like it when people take it lightly. At times, I don't understand why there are artists who play that card, like when Madonna gets up on a cross to sing," she tells the Sun.

"I think when you put sex and spirituality in the same bottle and shake it up, bad things happen. Yes, I said I kissed a girl. But I didn't say I kissed a girl while f—ing a crucifix." ● METRO

#### Taylor off the market for now

PEOPLE Still reeling from her split from Jake Gyllenhaal, Taylor Swift is reportedly taking a break from dating to focus on her music, according to

### Celebrity tweets



Jane Fonda

[@JaneFonda] There's been commentary saying my right nipple was showing at the Golden Globes. ... That was my recent cancer scar. So there!



William Shatner

[@WilliamShatner] I'm thrilled to be working with an old friend, Lee Majors, on \$#! My Dad Says.



Rose McGowan

[@rosemcgown] Ever get to the airport and find out your flight isn't until the NEXT day? Sadly, not the first time I've done this.



Joy Behar

[@JoyVBehar] Regis and Larry King are retiring. Meanwhile, Andy Rooney's still doing essays about paper clips.

● METRO

Popeater.

"Taylor is not exactly a loner, but she fares well on her own and will be fine if she doesn't hook up with a guy immediately," says a source, who adds that the timing of her breakup with Gyllenhaal

— right before Christmas — wasn't easy to handle.

"While people expected them to spend the Christmas holidays together, they were each photographed separately in different cities," says the source. "It looked like things didn't work out."

● METRO



# King of the cuffs

► Meet the English jewelry designer who has women from New York to Dubai scrambling to snag his glamorously cheeky bracelets, rings and necklaces

KENYA HUNT GLOBAL FASHION DIRECTOR



► Nicholas King takes resin to another level.

"Anything that has a bit of sparkle to it works really well for me," says designer Nicholas King from his home in London.

He's talking about his increasingly popular handmade jewelry collection (Cheryl Cole is just one of his high-profile fans), which includes an especially hot-selling series of resin and diamanté cuffs.

A major part of the appeal is that his pieces are Elizabeth Taylor glamorous in a Lady Gaga edgy kind of way. His work manages to be cheeky and cool.

"I started out by taking a piece of tartan fabric and setting it in resin," says King, who worked in fashion for 17 years at

**"If you're going to do a plastic cuff, it has to be special."**

houses including John Galliano and Donna Karan before starting his own line.

"But if you're going to do a plastic cuff, it has to be special," he adds with a wry sense of humour. So he moved on to metals and crystals. "I like how it adds a richness to the jewelry," he says.

Nicholas isn't the only one. In the short two years and six months since he started his business, his collection has been picked up by some of the world's most important fashion emporiums including Harrods, L'Eclaireur, 10 Corso Co-

mo and Liberty of London, among others. Not to mention he's become a favourite among magazine editors.

That's an impressive accomplishment considering that King started his business the day that Lehman Brothers crashed, sending the global economy — and the fashion business in general — into a downward spiral.

Despite his early successes, don't expect King to go the way of other young designers by launching a chain of premature brand extensions anytime soon.

"I want my jewelry to be relevant for a long time so I'm just going to focus on growing slowly and organically."

## King's ladies

Nicholas King is a modest gentleman and therefore wouldn't shamelessly name-drop the celebrities who love his work. "I'd love to dress Michelle Obama and Kate Middleton, though," he admits. We did, however, manage to get him to name two famous women who encapsulate his style.



Carey Mulligan



Lady Gaga

### Beauty pick

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New books and movie reveal shadows in life of fashion stylist Isabella Blow

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# Monktastic

Once the footwear of pious men, these monk shoes have become the shoe of choice for many trendy types

You'd never think it, but you owe it to the monks for bringing us the finer things in life – from champagne to these polished slip-ons. Today's monk shoes are a play on both the 15th century original and the 1920s redesign, with a classic low-cut and sharp side buckles.



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# Fresh & Flirty

A twist of citrus, a sparkle of jasmine, a whiff of wood: Unexpected undercurrents keep this season's scents au courant.

Giorgio Armani Acqua di Gioia

Light

Giorgio Armani Acqua di Gioia

</div

# Top wedding trends

► The editors at Weddingbells round up the hottest reception, fashion and stationary trends for your wedding — from pretty plumage to pastel wedding gowns to paperless invites

## Trend: Feathers

Why it's hot: Oscar favourite Black Swan has created a buzz for pretty plumage. Feathers (or feathered motifs) can fit into all aspects of your wedding day, from your dress to your accessories, bouquets and wedding cake.

ALISON MCGILL,  
EDITOR-IN-CHIEF

## Trend: Creative backdrops

Why it's hot: The whole crafty/do-it-yourself look is trending right now. Favours, stationery and centrepieces are key, but romantic backdrops in the form of paper flowers and fabric are trending and can transform any venue into a dreamy reception.

ROSEANNE DELA ROSA,  
ASSOCIATE EDITOR

PHOTOGRAPHY:  
CARLO MENDOZA

## Trend: Handkerchiefs for him

Why it's hot: Everything old is new again thanks to Mad Men, and we love the old-fashioned notion of a gentleman with his handkerchief. Tip: Add a mono-

gram and make it a personalized keepsake.

JENNIFER HASKETT, ART DIRECTOR  
AND CONTRIBUTING EDITOR

## Trend: Honeysuckle-tinted lips

Why it's hot: The Pantone Colour of the Year for 2011 is a perfect choice as your wedding-day shade, but we

particularly love it as a lip colour selection. Our lip pick: Bobbi Brown Creamy Lip Color in Honeysuckle (\$25).

ALISON MCGILL,  
EDITOR-IN-CHIEF

## Trend: Local cuisine

Why it's hot: Serving food found close to home is not only trendy, but environmentally and budget-friendly, too. The less your food has travelled, the tastier it will be, plus it can be a great way to play up your destination. Having your reception in Niagara-on-the-Lake? Serve local wine or have an ice cream bar made by the nearby creamery.

STEPHANIE GRAY,  
ONLINE EDITOR

## Trend: Chic bridesmaid attire

Why it's hot: Designers are starting to get that you want to choose a dress your girls will love wearing — just look at the fashionable creations from Melissa Sweet, Wtoo and Lela Rose. Bridesmaid dresses today are chic cocktail-style dresses your girls will actually wear after the wedding.

STEPHANIE GRAY,  
ONLINE EDITOR



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► Gown by Kevan Hall.

## Trend: Pastel bridal gowns

Why it's hot: Soft peach, blush pink and baby blue are all fresh and elegant alternatives to traditional white and ivory.

NICOLE KEEN,  
ASSOCIATE EDITOR



MELISSA SWEET  
BRIDESMAIDS (FALL 2011)

## Invitation trends

► Paperless invites. Being eco is always in style and sweet designs from Paperless Post (paperless-post.com) make it easy to go green.

► Hand-painted invites. Working with a designer, like Ceci New York (cecinewyork.com) or Shira Leuchter (shiraleuchter.com), to create your stationery will leave you with a piece of art you'll want to frame.

► Font-based invites. Various fonts can impact the feel of the stationery, so much so that we see "wordy" wedding invites and lots of play on an array of fonts for 2011.

## Trend: Sapphires

Why it's hot: Kate Middleton's spectacular blue sapphire engagement ring ignited a passion for this vibrant gemstone.

NICOLE KEEN,  
ASSOCIATE EDITOR

## Trend: Mismatched wedding bands

Why it's hot: 2011 is all about personalizing your wedding, and what better way to let your style shine through than by choosing bands that match your style, not his?

JENNIFER HASKETT, ART DIRECTOR AND CONTRIBUTING EDITOR

## Trend: Top hats

Why it's hot: According to Graydon Carter, editor of Vanity Fair, the new Brit It Show Downtown Abbey has sparked a demand for top hats (and waistcoats!) in London.

ALISON MCGILL,  
EDITOR-IN-CHIEF

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## TOP TV WEDDINGS



### LUKE & LAURA General Hospital (1981)

The wedding of this soap super couple attracted 30 million viewers and has been hailed as the highest-rated hour in American soap history.



### CHARLOTTE & HARRY Sex and the City (2003)

How's this for a beginning: He was her divorce lawyer and she was repulsed by his sweaty, schlumpy appearance. But one unexpected romp in the boudoir later, this odd couple was destined for love.



### PAM & JIM The Office (2009)

This ultimate office romance ended with weddng bells after three seasons of sexual tension by the water cooler. This couple even had their own real wedding website, halpertbeesly.com.



► Props from Little Retreats.

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# Off the floor: Staying stylish yet organized

## DECOR MOMENT



KARL LOHNES  
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**A**n organized home is the first element to creating a comfortable and stylish place to live.

I'm a believer that the first step to being organized and having a clean home is to have nothing on the floor other than the furniture meant to be there.

Clothing, newspapers, toys, gym bags and shoes should all have a place.

Here's a few ways to get your stuff up off the floor.

**Clothing**  
Adding a second hanging bar in the closet for pants, installing an upper shelf to hold an extra row of folded sweaters and adding hooks to the inside of the closet doors will help your standard closet hold about 30 per cent more clothing and accessories.

Vacuum-sealed bags help reduce clothing's bulk and keep dust off out-of-season clothing and a canvas-portable closet is an affordable way to create an extra closet to hold the overflow.

They're also great to set up in an apartment storage locker to store out-of-season clothing.

While organizing your closet, why not spruce it up with a few decorative touches? Painting the inside of it a fashionable colour, adding updated door hardware and investing in attractive wooden hangers are simple ways to making the closet look like a million bucks.

### Shoes

Building narrow shelves up the walls inside a closet is



A modern ladder becomes a magazine and newspaper display rack

the best way to store shoes. If done smart, you can contain 40 to 50 pairs of shoes in a single closet without taking away hanging space.

A tall, vertical shoe rack (easily purchased from display storage suppliers and online) keep your best shoes on view and easily accessible. If you have no room in your closet for shoes, consider decorative shoe boxes lined up at the edge of a staircase or stored in under-the-bed roll out drawers.

### Hanging hooks

Decorative hooks are a dime a dozen, so buy at least a dozen and put them around your home. Those items that you need every day (scarves, purses, gym bags, etc.) will stay off the



Canvas-covered closets are portable and add valuable storage space anywhere.

floor and have a stylish place to call home.

Remember to hang at two heights — 42 inches and 66 inches off the floor. This will allow younger children to hang their coats and have them easily accessible. Towel bars can be a man's best friend too. Hung at the end of a kitchen island help to keep tea towels at bay while displayed vertically on the wall like ladder rungs, they become a great spot to display magazines and newspapers.

Speaking of ladders, why not use them to help get things off the floor?



To create some serious space in your closet, consider adding another hanging bar, or an extra shelf.

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# The perfect dining room

## Nowadays, these rooms serve many purposes

For generations, families ate in their kitchens and only ventured into their dining rooms on special occasions. The dining room was a place for guests, where stiff-backed chairs and fragile china kept everyone on their best behaviour.

But as our lives have changed, so have our dining rooms.

Today's dining rooms are used in more ways than ever before, says HGTV host Genevieve Gorder.

They merge comfort and beauty to create a space where people want to linger.

Gorder and interior designers Brian Patrick Flynn of decordemon.com, and Betsy Burnham of Burnham Design in Los Angeles, share the trends they've spotted and offer tips to create a perfect — and perfectly useful — dining room.

**Multi-tasking at the table**  
Many home-owners now see the dining room as a flexible space where meals are not the only priority.

In many homes, the dining room table is the go-to location for working on art projects, wrapping gifts and doing homework, says Flynn.

So people are seeking durable tables that can withstand plenty of attention, rather than carefully polished ones that are easily scratched.

Dining room storage has also changed.



The dining room may double as a home office, with a laptop and paperwork stashed in the sideboard during meals.

### Mixing instead of matching

The days of the perfectly matched suite of furniture — the "dining room set" — are over.

In designer-decorated homes, you're more likely to see deliberately mismatched chairs and a table that contrasts starkly with the room's other furniture.

"Even retailers like West Elm are catching on" with this trend, Flynn says.

**THE ASSOCIATED PRESS**

says. They may offer matching chairs for the ends of the table and then a mix of seating for the sides that includes benches and chairs.

**Dining without fear**  
We've moved away from "the severity of antiques we're afraid to touch," Gorder says, and moved toward "the rustic elegance" of the big farmhouse tables you might find in Provence or Italy. "It feels like, 'Yes, this is a very special piece. But I can drop a plate on it and not cry and not get in trouble,'" she says.

**THE ASSOCIATED PRESS**



# TOP 10 of 2010

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- 3 High Interest Savings Account
- 4 Automatic fund transfers at pay source
- 5 Move to a new area
- 6 Stick to a budget
- 7 Use public transit
- 8 Use cash
- 9 Renegotiate mortgage
- 10 Consult an advisor

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

# Croquettes minus the fat

► This healthier version of the crispy patties eliminates the hidden calories

The croquette is a way to use leftovers, but it's also a way to chow down hidden fat and calories. But you can concoct healthier croquettes with a little nutritional know-how.

Start with lean protein, such as chicken, turkey breasts or even crab.

For the fillers, lean toward vegetables, which add more flavour and moisture, rather than starches such as breadcrumbs or rice. Aromatics, such as onions, garlic and peppers, season while also

adding a variety of colours and textures.

And if you do want to add a starch, consider using sweet potato, which is packed with fibre.

When it comes to the wet binders, opt for egg whites, which won't contain the fatty yolks and still have binding power.

Finally, though many croquettes are cooked in generous amounts of fat, with a good non-stick pan, you should be able to get satisfactorily crispy results using just cooking spray.

## Preparation:

**1 Relish:** In a small bowl whisk together red peppers, oregano, thyme, jelly, salt and scallions. Set aside.

**2 Croquettes:** In a large non-stick skillet over high, heat oil. Add sweet potato, onion and red bell pepper. Sauté until vegetables are tender, about 5 minutes.

Transfer vegetable mixture to a large bowl. Wipe out the skillet and set aside.

**3** Add chicken, lemon juice, oregano, thyme, salt and pepper, then stir to combine. Add egg whites and sour cream, then stir again.

**4** Place breadcrumbs in a dish. Divide chicken mixture into 12 balls, using about 30 ml (2 heaping tbsp) per ball. Roll balls in breadcrumbs.

**5** Return skillet to medium-high heat and coat with cooking spray. Add 6 of the balls, flattening them into patties

with a spatula. Cook until golden-brown, 3 to 4 minutes per side.

**6** Transfer croquettes to a serving platter and cover with foil. Coat skillet with additional cooking spray, then repeat with remaining balls. Serve with red pepper relish.

THE ASSOCIATED PRESS

## Ingredients:

### Relish

- 1 jar (375 ml/12 oz) roasted red peppers, drained and diced
- 45 ml (3 tbsp) fresh oregano, chopped
- 10 ml (2 tsp) fresh thyme, chopped
- 45 ml (3 tbsp) hot pepper jelly
- Pinch salt
- 1 scallion, thinly sliced

### Croquettes

- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) uncooked shredded sweet potato
- 125 ml (1/2 cup) finely chopped yellow onion
- 125 ml (1/2 cup) finely chopped red bell pepper
- 500 ml (2 cups) finely chopped cooked chicken breast or turkey breast
- 10 ml (2 tsp) lemon juice
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) dried thyme
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 2 large egg whites
- 50 ml (1/4 cup) reduced-fat sour cream
- 125 ml (1/2 cup) plain breadcrumbs



► Chicken and Sweet Potato Croquettes with Red Pepper Relish.

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Federer. Survives scare



► Defending champion Roger Federer escaped with a victory at the Australian Open yesterday, edging France's Gilles Simon 6-2, 6-3, 4-6, 4-6, 6-3 in the second round.

Federer says he 'got lucky' in tough second-round match

Early on it seemed as if Simon, who had beaten Federer in their only two previous meetings, would send the Swiss star packing out of a Grand Slam before the third round for the first time since 2003. But Federer broke Simon's service in the sixth game of the deciding set to go up 4-2, held his service to go up 5-2, then held his serve two games later to clinch with an ace. Vancouver's Rebecca Marino lost a hard-fought 6-3, 5-7, 9-7 second-round women's match to French Open champion Francesca Schiavone. **THE ASSOCIATED PRESS**

# New rules should aid CFL in Ottawa

► 'It puts you in a competitive position right off the bat,' ownership group's Jeff Hunt says

When Ottawa's latest shot at success in the Canadian Football League takes to the field in 2013, it should be better equipped to compete than the last version.

The league announced an expansion draft plan yesterday that will give the as-yet-unnamed team significant advantages over what the Ottawa Renegades faced in 2002.

The biggest change will see existing teams allowed to protect only one quarterback, one less than was the

case the last time around.

"In my opinion, it's another positive step forward on this road we've been going down for the last two-and-a-half years," said Ottawa ownership group frontman Jeff Hunt, noting that none of the quarterbacks in the Renegades' inaugural training camp had taken a snap in the CFL the previous season.

"This time, it's very realistic we'll have two quarterbacks coming in who have CFL experience."

**23**

The number of games the Ottawa Renegades won during their four seasons of existence.

There are several other improvements approved by the league that should help Ottawa in establishing itself as a competitive team.

In the first round of the import draft, existing

teams can protect only one quarterback and 10 imports, allowing Ottawa to select one import player from each team. In the second round, each club can protect only six non-imports.

Ottawa will also have the first pick in each round of the 2013 Canadian draft as well as the final selection in the first four rounds of the 2012 draft. Those selections will be restricted to red-shirted NCAA players.

Ottawa will also be al-

lowed to start building a negotiation list prior to its first season.

League commissioner Mark Cohon said he believes the format strikes a good balance.

"Our goal has been clear throughout: To give Ottawa the chance to field a competitive team without unfairly undermining our existing franchises," he said in a statement. "We are confident this plan meets that objective."

**TORSTAR NEWS SERVICE**

## GM overruled by Yanks owner

In a move mirroring those of his father, Yankees owner Hal Steinbrenner overruled general manager Brian Cashman in giving a \$35-million US, three-year contract to Rafael Soriano.

After a news conference to introduce Mariano Rivera's new setup man yesterday, Cashman said he didn't think it was worth paying closer money for a

**"This is Hal Steinbrenner and his family's franchise."**

**BRIAN CASHMAN**

pitcher the team plans to use in the eighth inning.

Cashman didn't want to lose his first-round pick in June's amateur draft, which will now go to Tampa Bay as

compensation.

"I think it's certainly a sign that at times if Hal feels that he wants to go in a different direction, that could happen," Cashman said. "I think that's certainly the case. This is their team. Does that happen often? Will it happen a lot? I just think it depends on the circumstances."

**THE ASSOCIATED PRESS**

## Woods will start season in San Diego

Tiger Woods officially entered the Farmers Insurance Open yesterday, which has become the traditional start of his season since 2006.

He has won the last five times he played San Diego's Torrey Pines, including the 2008 U.S. Open in a playoff

over Rocco Mediate.

He has not played the PGA stop at Torrey Pines the last two years, missing the tournament in 2009 recovering from knee surgery and last year while dealing with personal problems related to his extramarital affairs. **THE ASSOCIATED PRESS**



### Sports in brief



**1** The Nationals finalized their trade to acquire left-hander Tom Gorzelanny from the Cubs.

**2** Nets owner Mikhail Prokhorov has told the team to end discussions on the Carmelo Anthony deal.

**3** Arsenal advanced to the fourth round of the FA Cup with a 3-1 victory over second-tier club Leeds. **THE ASSOCIATED PRESS**



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## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	46	30	11	2	3	158	122	65	14-0-2	16-5-2-1	8-2-0-0	W3
d-Boston	46	26	13	2	5	142	103	59	12-8-1-2	14-5-1-3	6-2-1-1	W2
d-Tampa Bay	47	27	15	3	2	140	150	57	14-4-1-1	13-11-2-1	6-4-0-0	W1
Pittsburgh	47	29	14	2	2	150	110	62	15-9-1-0	14-5-1-2	5-3-0-2	W3
Washington	47	25	14	5	3	133	124	58	16-5-2-3	9-9-3-0	5-2-3-0	L1
NY Rangers	48	27	18	2	1	139	115	57	12-10-1-1	15-8-1-0	5-4-1-0	W1
Montreal	47	26	17	4	0	118	112	56	16-4-3-0	10-11-1-0	6-3-1-0	L1
Atlanta	48	23	18	3	4	146	153	53	11-9-1-2	12-9-2-2	4-5-1-0	W1
Carolina	46	22	18	2	4	137	150	50	11-8-1-2	11-10-1-3	4-4-2-0	L2
Florida	45	21	20	2	2	125	119	46	11-8-1-2	10-12-0-0	5-3-1-1	L2
Buffalo	45	20	20	5	0	125	132	55	11-11-1-0	9-9-4-0	6-3-1-0	W1
Toronto	45	18	22	2	3	114	139	41	9-10-2-2	9-12-0-1	5-4-1-0	L3
Ottawa	47	17	23	4	3	103	144	41	9-12-1-2	8-10-3-1	2-6-0-2	L3
NY Islanders	44	14	23	3	4	108	145	35	8-9-1-3	6-14-2-1	4-5-0-1	L1
New Jersey	45	13	29	2	1	90	140	29	7-13-1-1	6-16-0-0	4-5-2-0	W1

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	46	29	10	4	3	152	113	65	15-5-1-2	14-7-3-1	6-2-1-1	W2
d-Detroit	46	28	12	4	2	158	135	62	14-5-3-1	14-7-1-1	5-3-1-1	L1
d-Dallas	46	28	13	1	4	139	119	61	15-6-1-3	13-7-0-1	7-2-0-1	W1
Nashville	46	25	15	4	2	124	111	56	11-3-2-2	14-11-4	8-2-0-0	W1
Anaheim	49	26	19	2	2	131	136	56	17-7-0-1	9-12-2-1	8-2-0-0	W2
Phoenix	47	23	15	6	3	136	135	55	10-7-3-2	13-9-3-1	6-2-1-1	L1
Chicago	47	25	18	2	2	150	130	54	16-11-0	9-7-2-2	5-4-0-1	W1
Colorado	46	24	16	6	0	152	146	54	13-8-3-0	11-8-3-0	5-4-1-0	W2
Minnesota	46	23	18	1	4	117	128	51	11-11-0-2	12-7-1-2	6-4-0-0	W2
San Jose	47	23	19	4	1	136	133	51	11-10-2-1	12-9-2-0	3-7-0-0	W2
St. Louis	45	22	17	2	4	121	129	50	15-8-0-2	7-9-2-2	4-5-0-1	W1
Los Angeles	46	24	21	1	0	134	117	49	15-9-1-0	9-13-0-0	2-9-0-0	L3
Columbus	47	22	20	3	2	123	147	49	12-10-0-1	10-10-3-1	3-5-1-1	W1
Calgary	46	20	20	2	4	126	137	46	11-9-0-1	8-12-2-4	5-2-1-2	L1
Edmonton	45	14	24	1	6	113	155	35	7-12-1-2	7-12-1-2	2-7-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Last night's results

	Tonight's games		
	All Times Eastern		
	Buffalo at Boston, 7 p.m.		
	Anaheim at Toronto, 7 p.m.		
	Pittsburgh at New Jersey, 7 p.m.		
	Washington at NY Islanders, 7 p.m.		
	Ottawa at Philadelphia, 7 p.m.		
	NY Rangers at Carolina, 7 p.m.		
	Tampa Bay at Atlanta, 7 p.m.		
	Detroit at St. Louis, 8 p.m.		
	Nashville at Colorado, 9 p.m.		
	Dallas at Edmonton, 9 p.m.		
	San Jose at Vancouver, 10 p.m.		
	Phoenix at Los Angeles, 10:30 p.m.		

## RANGERS 7, MAPLE LEAFS 0

## First Period

1. NY Rangers, Gaborik 12 (Avery, Anisimov) 10:55
2. NY Rangers, Boyle 16 (Staal, Gaborik) 12:45 (pp)
3. NY Rangers, Gaborik 13 (Anisimov, Avery) 13:20
4. NY Rangers, Fedotenko 9 (Prust, Staal) 15:40
Penalties — Newbury NRY (boarding) 3:13, Drury NYR (delay of game) 7:44, Orr Tor (interference) 12:16, Boyce T (roughing) 20:00.

## Second Period

5. NY Rangers, Gaborik 14 (Avery, Anisimov) 11:15
6. NY Rangers, Gaborik 15 (Anisimov, Wolski) 14:44 (pp)
Penalties — Schenn Tor, Weise NYR (fighting) 11:18, Armstrong Tor, McDonagh NYR (roughing) 12:41, Orr Tor (slashing major, game misconduct) 18:03.
Shots

Toronto 8 5 9 — 22
NY. Rangers 14 10 4 — 28
Goal (shots-saves) — Toronto: Gustavsson (L6-13-2) (25), Giguere (13-21 first) (3-2);
NY. Rangers: Lundqvist (W, 10-14-3). Power plays (goals-chances) — Toronto: 0-3; NY. Rangers: 2-4.
Referees — Wes McCauley, Francois St. Laurent. Linesmen — Anthony Sericolo, Mark Shewchuk.

Att. — 18,200 (18,200) at New York.		
Not including last night's games		
G	A	PT
32	34	66
35	28	63
27	32	59
19	38	57
9	47	56
18	36	54
16	35	51

## SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	35	28	63
D.Sedin, Vr	27	32	59
St. Louis, TB	19	38	57
H.Sedin, Vr	9	47	56
B.Richards, Dal	18	36	54
Zetterberg, Det	16	35	51

## Not including last night's games

## TENNIS

## AUSTRALIAN OPEN

At Melbourne, Australia

Thursday's results

## MEN

## Second Round

Rafael Nadal (1), Spain, def. Ryan Sweeting, United States, 6-2, 1-6, 1.

Milos Raonic, Thornhill, Ont., def. Michael Llodra (22), France, 7-6 (7), 6-3, 7-6 (4).

## WOMEN

## Second Round

Kim Clijsters (3), Belgium, def. Carla Suarez Navarro, Spain, 6-1, 6-3.

Peng Shuai, China, def. Jelena Jankovic (7), Serbia, 6-2, 6-3.

Shuai Peng, China, def. Sorana Cirstea, Romania, 6-3, 6-2.

Wednesday's results

## MEN

## Singles — Second Round

Roger Federer (2), Switzerland, def. Gilles Simon, France, 6-2, 6-3, 6-4, 6-6, 6-3.

Novak Djokovic (3), Serbia, def. Ivan Dodig, Croatia, 7-6 (7), 6-0, 6-2.

Tommy Robredo, Spain, def. Mardy Fish (16), U.S., 6-3, 6-3, 6-3.

Andy Roddick (8), U.S., def. Igor Kunitsyn, Russia, 7-6 (7), 6-2, 6-3.

Fernando Verdasco (9), Spain, def. Jan Kollar, Serbia, 6-4, 6-4, 6-7 (6), 6-0.

Gael Monfils (12), France, def. Frederico Gil, Portugal, 6-3, 6-1, 6-2.

Nicolas Almagro (14), Spain, def. Igor Kunitsyn, Russia, 7-6 (7), 6-0, 7-5.

Sergiy Stakhovsky, Ukraine, def. Lukasz Kubot, Poland, 6-3, 6-4, 6-4.

Jan-Lennard Struff, Germany, def. Juan Monaco (26), Argentina, 6-4, 6-4, 6-2.

Richard Gasquet (28), France, def. Adrian Mannarino, France, 6-3, 7-6 (7), 6-4.

Marin Cilic, Croatia, def. Jarkko Nieminen, Finland, 6-3, 6-2, 6-4.

John Isner, U.S., def. Daniel Evans, Great Britain, 7-6 (7), 6-4, 6-4.

Mike Bryan, U.S., def. Daniel Nestor (2), Canada, 6-4, 6-3, 6-3.

Jurgen Melzer, Austria, def. Philipp Petzschner (6), Germany, def. Brian Dabul, Argentina, and Santiago Giraldo, Colombia, 7-6 (7), 6-1.

David Marrero and Ruben Ramirez Hidalgo, Spain, def. Lukas Rosol, Czech Republic, and Daniel Gimeno-Traver, Spain, 7-6 (7), 6-4, 6-2.

Mark Knowles, Bahamas, and Michael Mertić (12), Slovakia, def. Teymuraz Gabashvili, Russia, and Mikhail Kukushkin, Kazakhstan, 6-7 (6), 6-4, 6-2.

Pablo Andújar and Daniel Gimeno-Traver, Spain, def. Pablo Cuevas, Uruguay, and Eduardo Schwank, Argentina, 7-6 (7), 7-5.

Alexander Dolgopolov, Ukraine, and Jan Hajek, Czech Republic, def. Fabio Fognini, Italy, and Lukas Lacko, Slovakia, 6-3, 6-7 (6), 6-2.

Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. Andre Gobet, Luxembourg, 7-6 (7), 6-4, 6-0.

Carsten Ball and Chris Guccione, Australia, def. James Lemke and Matt Reid, Australia, 6-4, 7-6 (4).

James Duckworth and Michael Venus, Australia, def. James Duckworth and Michael Venus, Australia, 6-4, 6-2, 6-4.

Wednesday's results

Second Round

Wednesday's results

## Crossword

**Across**

1 Ostrich's cousin  
4 Obi, e.g.  
8 Luminary  
12 Police officer  
13 Look lasciviously  
14 Sulk  
15 Against the current  
17 Eject  
18 Bill  
19 Studied primarily, with "in"  
21 Light blond  
24 Enthusiast  
25 Journal  
26 AAA job  
28 Avoide  
32 Worked with  
34 Slight touch  
36 Lover's quarrel  
37 Make less bright  
39 Pouch  
41 Coll. transcript no.  
42 Lumox  
44 Follower of a pair of hips?  
46 Flute's little kin  
50 Lillie or Arthur  
51 Pennsylvania port  
52 On the ascendant  
56 Barracks array  
57 Carina  
58 Storm center  
59 Dandling site  
60 Tend texts  
61 Drops on the grass

**Down**

1 Old French coin  
2 Swab  
3 Stole the attention from  
4 Fruity ice  
5 Time of your life?  
6 Bridge coup  
7 Macho type



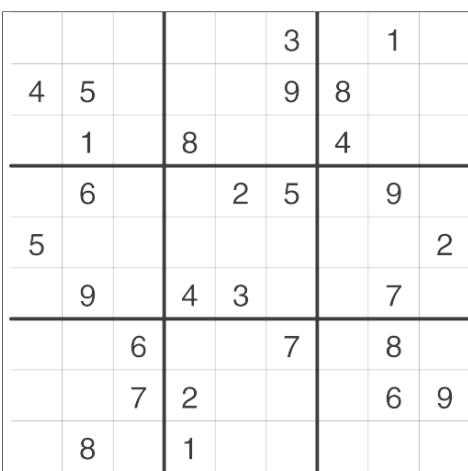
8 Gets even?  
9 Go sightseeing  
10 Church area  
11 Pensioned (Abbr.)  
16 Strain  
20 Roast's drippings, in a sense  
21 Blunder  
22 Mislay  
23 Affirmative action  
27 Existed  
29 Improved, as software  
30 California wine valley  
31 Go no farther  
33 Bishop's bailiwick

35 "Humbug!"  
38 Long March leader  
40 Strong greenish blue  
43 Lucky accident  
45—the ramparts ...  
46 Bushel fraction  
47 Press  
48 Give as an example  
49 Pundit's column  
53 Early Chinese dynasty  
54 Caistic

## ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## ► Yesterday's answer



## A look at the weather



TODAY



FRIDAY



SATURDAY



SUNDAY

**Michele McDougall**  
Weather Specialist   
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM

MANU FERNANDEZ / THE ASSOCIATED PRESS

## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

## ♈ Aries March 21-April 20

Friendships will assume even greater importance than usual over the next few days. Make sure you are on good terms with people you have to deal with on a daily basis.

## ♉ Taurus April 21-May 21

It's the time to make your bid for glory. Today, the Sun's transit of the midheaven angle of your chart will bring new opportunities, but it's up to you to do something with them.

## ♊ Gemini May 22-June 21

Being a Gemini, you will most likely rush in where angels fear to tread today, especially as the Sun's move into your fellow Air sign of Aquarius endows you with unlimited self-confidence.

## ♋ Cancer June 22-July 22

If you are the kind of Cancerian who rarely gives thought to the future, you need to change your ways. You're not getting any younger and you need to start building up a nest egg.

## ♌ Leo July 23-Aug. 23

You can't do it alone. If you want to get things done over the next few weeks, you will have to rediscover the joys of partnership. Surely, you remember what that is!

## ♍ Virgo Aug. 24- Sept. 22

Pay close attention to details today because the smallest thing could trip you up. Also, if some of your everyday routines have become a bit of a chore now is the time to replace them with something more inspiring.

## ♎ Libra Sept. 23-Oct. 23

Put all thoughts of fear and failure behind you and resolve to make a success of your life. All things are possible.

## ♏ Scorpio Oct. 24-Nov. 22

You need to break down whatever barrier there is between you and a loved one. No matter

what caused it or whose fault it might have been if you make the first move, you can get things back to how they were.

## ♐ Sagittarius

Nov. 23-Dec. 21 This should be a fun time for you, so ignore those who say you should be worried about the state of the world. You've never believed it's as bad as some people say. Unlike them, you're not turned on by doom and gloom.

## ♑ Capricorn Dec. 22-Jan. 20

The Sun leaves your birth sign today, but that does not mean that your luck is about to run out. On the contrary, if you keep doing what you've been doing the past few weeks, you'll be richer than ever.

## ♒ Aquarius Jan. 21-Feb. 18

A new solar year begins for you, today, and you are eager to start building that new life you promised yourself. Make sure your vision is clear and your plan is simple.

## ♓ Pisces Feb. 19-March 20

Sometimes, you can be a bit too sensitive for your own good and that could be a problem today. Yes, others may be suffering, but it's not your fault. **SALLY BROMPTON**

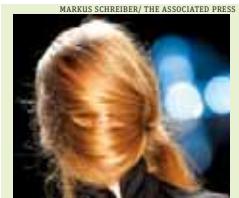
## Caption contest



"This commute is getting worse every day"  
KYLE CLARK

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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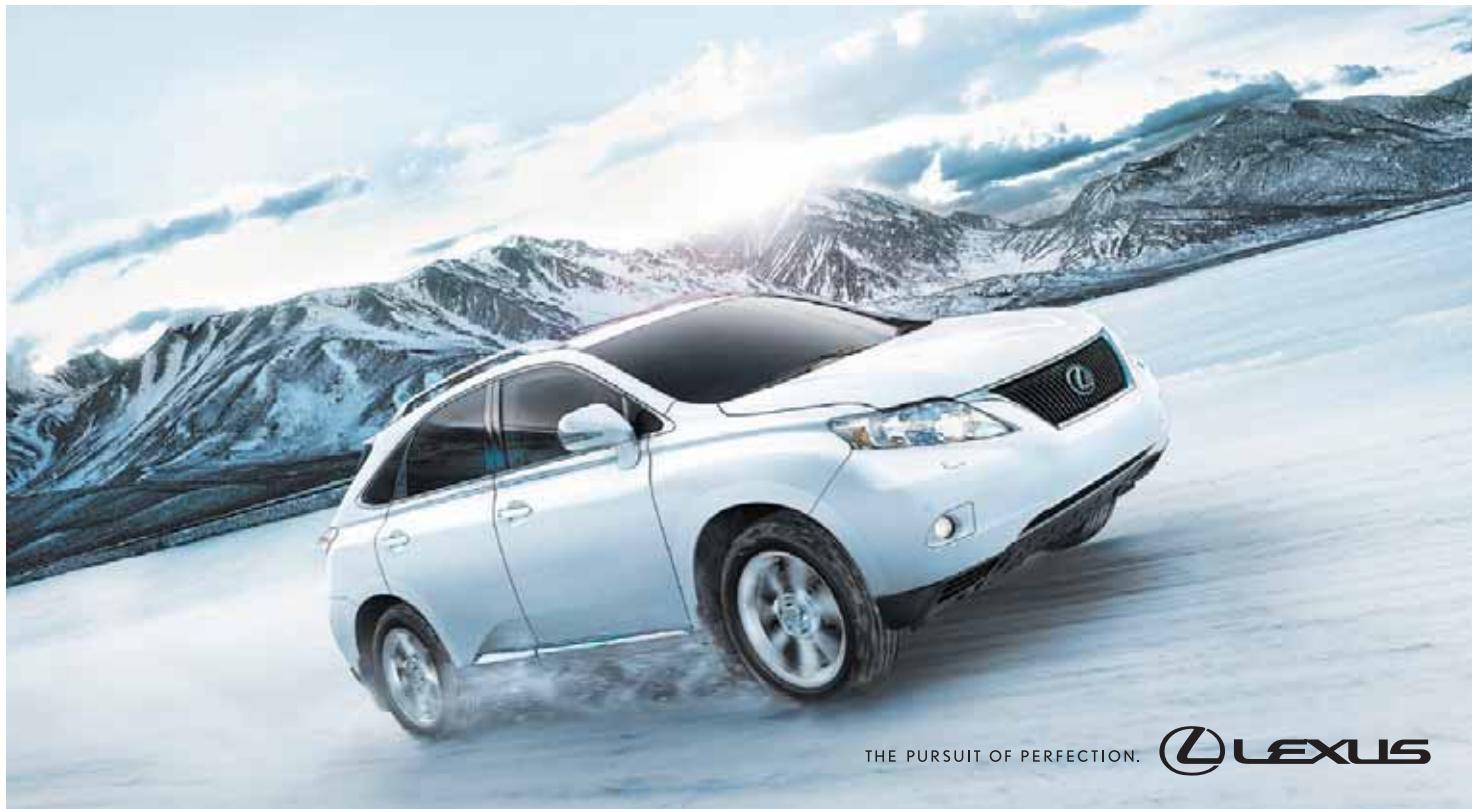
Next in-class course: Mar 9th - 13th

Next seminar: Feb 8th @ 7pm

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